

Louisville Recreation Center Aquatics Program Pool

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																								
LANES	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANES																				
5:45 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM												5:45 AM																				
6:00 AM																													LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				6:00 AM
7:00 AM	LAP SWIM				LAP SWIM				WATER MAT YOGA 7:00-8:00am				LAP SWIM				LAP SWIM				LAP SWIM				7:00 AM																								
8:00 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM						LAP SWIM		LAP SWIM		LAP SWIM		8:00 AM																								
9:00 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				OPEN SWIM		LAP SWIM		LAP SWIM		LAP SWIM		9:00 AM																								
10:00 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				AQUA Vitality				LAP SWIM		LAP SWIM		10:00 AM																								
11:00AM	LAP SWIM				FLUID RUNNING 11:00-12:00						Adv. Flu. Run		FLUID RUNNING 11:00-12:00		10:30-11:30										11:00 AM																								
12:00 PM	DEEP AEROBICS				WATER MAT YOGA 12:15-1:15pm				DEEP AEROBICS				WATER MAT YOGA 12:15-1:15 pm				DEEP AEROBICS				L A P		L A P		12:00 PM																								
1:00 PM					WATER MAT YOGA 12:15-1:15pm								WATER MAT YOGA 12:15-1:15 pm						L A P		L A P		1:00 PM																										
2:00 PM	OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM		S W I M		OPEN SWIM		S W I M		2:00 PM																								
3:00 PM																			M		M		3:00 PM																										
4:00 PM	MINI'S								MINI'S						MINI'S				WATER MAT YOGA/ FIT 4:30-5:30pm		CARDIO DEEP Log Shallow		4:00 PM																										
5:00 PM					WSI STAFF TRAINING				CARDIO Shallow								TONE & FLEX DEEP Log Shallow		Close 5:45		Close 5:45		5:00 PM																										
6:00 PM	TONE & FLEX DEEP Log Shallow				5:00-7:30pm				TONE & FLEX DEEP Log Shallow								Close 6:45				<div>KEY</div> <div>LAP SWIM</div> <div>OPEN SWIM</div>				6:00 PM																								
7:00 PM	WATER MAT YOGA/ FIT 7:15-8:15 pm								WATER MAT YOGA/ FIT 7:15-8:15 pm												contact Kate Meyer at 303.335.4927 or katem@louisvilleco.gov				7:00 PM																								
8:00 PM	OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM												8:00 PM																								
9:00 PM	Close 8:45				Close 8:45				Close 8:45				Close 8:45												9:00 PM																								

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